

May 3, 2013

# The Family Flyer



Supporting Military Families  
Cape Cod—Southeastern Massachusetts—SE New England

## B.A.T.T.L.E.M.I.N.D. : A Seminar for Police, Fire, First Responders, Medical Professionals, Veterans, their Families and the Community

MON 06 MAY from 6:30—8:30 p.m.

@ Gus Cauty Community Center, 790 Main Street, Falmouth, MA 02540



The Falmouth  
Military Support Group

The military mindset of a soldier is not easily understood by family members or civilian counterparts. Awareness of the reintegration process can assist the service member in the transition from "soldier to civilian".

Presenter, Kevin Lambert, is the Director of Special Programs for the Massachusetts Dept. of Veterans Services. B.A.T.T.L.E.M.I.N.D will focus on a better understanding of the psychological and social stressors endured by service members during their deployment and upon returning home. This information will aid family members, as well as the community, in better assisting them with the transition process.

The seminar is open to the public and free of charge. Registration is not necessary but to ensure a copy of materials or for more information please contact [falmouthmilitarysupportgroup@gmail.com](mailto:falmouthmilitarysupportgroup@gmail.com).

## Staying Strong Supporting Military Connected Children Through Challenging Times

TUE 07 MAY from 5—7 p.m. @ Hanscom Airman & Family Readiness Center

Join Paula Rauch, MD, child psychiatrist and Director of the Family Program at the Red Sox Foundation and Massachusetts General Hospital Home Base Program for a special presentation about helping our kids stay strong during deployment and reintegration.

Learn how:

- your child's temperament affects how they respond to challenges
- how to strengthen your child's resilience during stressful times
- how to talk to teenagers without ending up in an argument



For more information and to register, contact the A&FRC at 781-225-2765 or [66.fss.fsrf.cmb@hanscom.af.mil](mailto:66.fss.fsrf.cmb@hanscom.af.mil)

To learn more about The Home Base Program please visit [www.HomeBaseProgram.org](http://www.HomeBaseProgram.org)

To learn about Staying Strong go to [www.StayingStrong.org](http://www.StayingStrong.org)



## USCG Run to Remember (R2R) Cape Cod

SAT 18 MAY @ 10 a.m. at the Cape Cod Canal

Join in to remember the fallen Coast Guard men and women and honor their memory. CG Remember: Cape Cod will be a gathering where we will come together to run 4.0 miles along the Cape Cod Canal. The run will begin at the east end of the bikeway on the south side of the canal near the Coast Guard Station. If you plan on attending be sure to click "Join" on their [Facebook](#) page and let them know! The event is open to ALL including active members, reservists, auxiliaries, families, and friends. A suggested donation of \$10 is recommended. Visit [www.cgremember.com](http://www.cgremember.com) to learn more about the mission behind this event.

## 9<sup>th</sup> Annual Troops in the Spotlight

Kmart Plaza \* Route 132 \* Hyannis, MA

11:30am Sunday May 26<sup>th</sup> thru Monday May 27<sup>th</sup> at noon

All are welcome to this free 24-hour event to honor and support our troops serving in Iraq and Afghanistan, our Veterans, our Wounded Warriors, our Gold Star Heroes and their families.

- Meet and greet members of our military, thank them for their service to our country
- Send a free video message to our deployed troops. Make a card to go in a care package.
- Race the Army National Guard Go Carts!
- Displays of military equipment and vehicles.
- Free Dog Tags from the U.S. Army. Face painting for the kids!
- Support the Troops Raffle with many great prizes including Red Sox Tickets
- Information on Veterans Benefits, Support for military families, etc



**Donation Drive:** During this 24-hour event there will be an on-going donation drive to collect items for care packages and monetary donations to help with the cost of shipping.

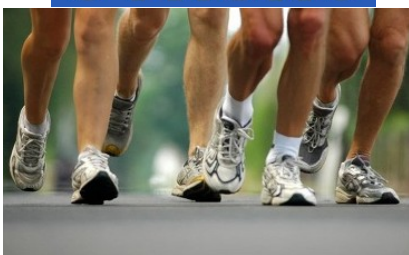
**Volunteer Opportunity:** Military members who would like to participate by standing at attention for a one-hour shift can contact Cape Cod Care for the Troops by [email](#) or call 774-216-9052 for details.

Hosted by Cape Cod Cares for the Troops . For more information visit [www.capecod4thetroops.com](http://www.capecod4thetroops.com)

# BOSTON STRONG

## Boston Strong 2.62 Mile Benefit Run

SAT 11 MAY - 0830 start, Winchendon, MA



Registration Closing Date : Friday, May 10, 2013 @ 11:59 PM US/Eastern  
Run starts and ends at the Clark Memorial YMCA in Winchendon, MA

<https://www.facebook.com/BostonStrong262MileBenefitRun>

## Boston Red Sox host Hiring our Heroes Opportunity Fair & Red Sox Tickets

THU 23 May 23 from 10 a.m.—2 p.m.

@ Fenway Park, 4 Yawkey Way, Boston, MA 02215



This exclusive hiring fair is open ONLY to active duty military, veterans, members of the National Guard and reserve components, and military spouses. There is no cost to attend.

Job Seeker who pre-register for this event will be issued a **complimentary game tickets** for the evening match-up between the Boston Red Sox and the Cleveland Indians. When checking in for this event, you will be given your admission ticket. If attendance exceeds expectations, ticket availability cannot be guaranteed, so register early!

Job-seeker registration and service verification will begin starting at 9:30 a.m. in advance of admission to the hiring fair. The hiring fair will run from 10:00 a.m.—2:00 p.m. Please plan accordingly - you will NOT be able to stay at the venue between the time the hiring fair closes and the time the gates open for admission to the game that evening. Flyer: [Click here](#) ; **Registration:** [click here](#) ; Qs [hiringourheroes@uschamber.com](mailto:hiringourheroes@uschamber.com) or 202-463-5807



**BOOTS TO BUSINESS**

### “Boots To Business” Veteran Mentoring Program

*Have you served in the armed forces and are you currently unemployed? When you were on active duty, do you remember helping each other out to learn a new job or get settled into a new command?*

Boots to Business Veteran Mentorship Program matches you to someone in your community, often another person who served, who might be able to provide that perspective, edit that resume, or make that contact allowing you to get your next job. And, once you get a job, you may be able to “pay it forward” working with another veteran so they can also get a job.

The Veterans’ must be a MA resident, honorably discharged, and be unemployed. To get info on this program contact Carlene Arambula, MA Dept of Workforce Development [carambula@detma.org](mailto:carambula@detma.org) or 617-571-6475.

### Operation Homefront’s Mortgage-Free Homes

Go to our Homes on the Homefront site to view homes currently open for application in CA, GA, IL, IN, LA, & WI. More homes will be opening soon in WV, NV, MO & CA.



To be eligible you ...must: 1) be active duty, Guard or Reserve, or have been honorably discharged; 2) not currently own a home and be willing to live in the donated home as a primary residence and; 3) be financially capable of sustaining the home throughout an initial transition period and beyond.

<http://www.operationhomefront.net/homesonthehomefront/CurrentHomes.aspx>

Look at the link ASAP for the most up to date information. This program is run through Operation Homefront and all questions can be answered through the web site. There are some that are already given away and a few that the application period is open on so make sure you get in on this if you meet the criteria listed on the "about the program" tab on their page.

## Jr Tech's STEM Education Summer Programs on Cape Cod

Announcing Jr.Tech's 2013 Summer Hands-on STEM (Science, Technology, Engineering and Mathematics) Programs. Enroll at <http://www.juniortech.org> or call 774-994-2097

### Television Broadcasting & Production

MON 08 -WED 10 JUL from 3–6 p.m. ; Grades 7 - 9 ; Price \$165; Max Size - 12 students

@ Cape Cod Community Media Center, 17 Shad Hole Road, Dennisport, MA

Are you interested in a career in broadcasting, journalism or production? This is a hands-on workshop for kids to learn television filming, editing, and scriptwriting. You will produce a 2-min production to air on Channel 99.



### Medieval Crusades & Water Balloon Skirmishes!

TUE 09 JUL from 9:30 am - 3:30 pm ; Grades: 5-7 ; Price: \$105 ; Max Size: 12 students

@ Cape Cod Collaborative Building, 418 Bumps River Road, Osterville

Your team will engineer and build life-size medieval catapults and slingshots and engage in skirmishes using water balloons to see who has the best design! Don't be afraid to get wet during this fun day of engineering and design exploration. Pack a lunch. Note, will run second class on August 2nd once first class is sold out.

### Computer Game Developers! Level 1

WED 10–FRI 12 JUL from 8:30am-Noon ; Grades: 6- 8 ; Price: \$175 ; Max Size: 10 students

@ Upper Cape Cod Regional Tech, 220 Sandwich Rd, Bourne

Do you play computer games? Do you wonder what it's like to build one? In this intro to Game-Maker, you will learn how to build and design your own computer game and learn about emerging careers as a computer game developer! Pack a lunch.



### Computer Game Developers! Advanced

WED 10 –FRI 12 JUL from 12:30pm-3:30pm ; Grades: 6- 8 ; Price: \$165 ; Max Size: 10 students

@ Upper Cape Cod Regional Tech, 220 Sandwich Rd, Bourne

Take your beginner skills in GameMaker to the next level! Students must have completed level 1 to participate. Pack a lunch.



### Coastal & Ocean Investigations

MON 29 JUL–THU 01 AUG from 8:30am - Noon ; Grades: 5-7 ; Price: \$230 (includes boat trip) ; Max size: 12 students

Work alongside research scientists to collect samples, observe and measure weather, wind, and water, and investigate your own research question @ Waquoit Bay Reserve. And get your feet wet as you cast nets and collect saltwater creatures, deploy digital data collectors, and use online mobile applications journal on the Ocean Quest Vessel from Woods Hole.

### Digital Scrapbooking - Capturing Special Memories

TUE 30 & WED 31 JUL from 9am-2pm ; Grades: 5-7 ; Price: \$160 ; Max Size: 10 students

@ Barnstable United School (formerly BHMCS), 730 Osterville West Barnstable Road, Marstons Mills

You will learn how to create a digital scrapbook using digital images, clip art, and Powerpoint for text captions. We will begin with a group project and then you will create your own project on a subject of your choice! Pack a lunch. Bring in your digital images on a flash drive.

Subscribe to the STEM Ed. RSS feed at: <http://www.umassk12.net/feed.xml>



## Child & Youth

### Stars, Stripes and Saddles: A Week Long Day Camp!

**Offered to: Military Children (Ages 10 –13)**

**MON 15—FRI 19 JUL from 9:00 a.m.—3:00 p.m.**

**Offered to: Air National Guard Youth (Ages 8—14)**

**MON 05—FRI 09 AUG from 9:00 a.m.—3:00 p.m.**



**Location:** Both camps will be held at Smithfield Farms, 809 Sandwich Rd., East Falmouth, MA 02536

**Application Deadline: SAT 01 JUN**

Smithfield Farms and Operation Military Kids (OMK) are partnering up to offer a week long day camp to youth who are experiencing the deployment of a loved one. In addition to the typical horse camp experience, special programming focused on being part of a military family in a safe and caring environment.

Tentative activities: \*Working with your horse (learning proper techniques for ground work), \*Grooming and tacking up, \* Formal scheduled lesson, \* Untacking horses and cooling them off, \* Cleaning and prepping a stall, \* OMK related component, \* Lunch, \* Miniature Horse Time, \* OMK related art/music activity, \*Games on horseback, and \* Trail Riding.

Consideration will first be given to youth currently experiencing a deployment or in the deployment cycle. To register contact [Kerry Bickford](#), OMK coordinator by email or call (508) 375–6695.

The \$295 fee for this program is waived thanks to OMK & Smithfield Farms!

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### FREE Robotics Technology Camp for AF Reserve & Air Guard Youth

AGES: 9-13 years old      WHEN: 18–22 June 2013

WHERE: National 4-H Center, Chevy Chase, MD

WHAT: Free residential camp offers hands on science activities, using the latest robotics material including: SuGo, GIS/GPS, Junk Drawer Robotics, and more! Visit Washington DC, Meet other AFR/ANG youth, Learn & Have Fun! Join the fun at the 4-H Air Force Reserve Component Robotics Camp.

APPLICATION DEADLINE: **FRI 10 MAY** For more information contact [Erin](#).



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### Camp Scholarship for Deployed Youth from MA National Guard

Kids for Kids, Dancing for Life has donated to the MA National Guard Family Program Advisory Council funds to provide \$100 toward the camp cost of deployed Military Youth from the Air and Army National Guard. There are limited scholarships available so they will be processed on a first come first serve basis. Available to currently deployed or soon to be deployed (within the next month or so) Air and Army Families that have children who would like to have a scholarship for \$100 toward the camp of their choice. Camps can be traditional summer camps or specialized camps such as band, soccer, horseback riding, educational or purely for fun. For questions contact [Susan LaFlame](#), Child and Youth Coordinator a call at 508-233-7952.

The suspense date on this is June 30, 2013 but please leave time for processing.

## Small Town Veterans Expo

FRI 10—11 MAY from 12oon– dusk

Cummington Fairgrounds, Cummington, MA



For – Returning Veterans, Spouses & Families of Veterans, and Veterans of every generation!

Attractions and Service Providers Include: \* Military Vehicle Displays, \* Healthcare providers, \* Housing assistance & Home loans, \* Employment assistance, \* Entertainment & refreshments, \* Continuing education opportunities, \* VA Central Western MA healthcare system, \* Local VSO's and DVS Representatives, \* Holyoke Soldiers Home, and \*MORE!

Veterans: Bring a copy of your DD214.



## Women Veterans Get Own VA Hotline

The Department of Veterans Affairs announced a new hotline targeted at women veterans. Callers to the hotline, **1-855-VA-WOMEN**, can get answers to questions about VA services and resources available to women vets, VA said. The service began accepting calls March 27.

Call-center employees can provide information about health care services for women, as well as information about claims, health care appointments, and other benefits. Staff members also can field urgent calls and provide referrals to mental health and homeless services. According to the department, women currently make up almost 15 percent of active duty military forces, and 18 percent of National Guard and Reserve forces. The number of women using VA health care continues to rise, VA said, reaching 354,000 in 2012, more than double the number in 2000.

## Memorial Day Flag Placement

Placement of Flags: THU 23 MAY @ 8A

Memorial Day Ceremony: SUN 26 May @ 1P



The Ma National Veterans Cemetery is requesting volunteers for THU 23 MAY at 08:00 am with the placement of the large US Flags that will line the main entrance to the cemetery. The POC is Mr. Robert Belcher, 508-563-7113, ext. 106, [Robert.belcher@va.gov](mailto:Robert.belcher@va.gov). A Memorial Day Ceremony will be held SUN 26 MAY at 1:00 pm.

## Benefits.gov Program Announce Launch of YouTube Channel

You can now learn how to get the most value out of using [Benefits.gov](http://Benefits.gov) by visiting the official Benefits.gov's YouTube channel at [www.youtube.com/BenefitsGOV](http://www.youtube.com/BenefitsGOV). If you already have a YouTube account, you can subscribe to our channel by clicking the "Subscribe" button at the top of the channel page.



**BENEFITS.gov**  
Your Path to Government Benefits

The Benefits.gov YouTube channel was created to assist you on your path to finding and applying for government benefits. Check back soon for more self-help tutorials on additional site features.

## Job Fairs & Career Opportunities!!

### UPS Has Committed to Hire 25,000 Veterans

Click on these links to see available UPS jobs in the following areas: [Air Operations](#), [Customer Solutions](#), [Drivers](#), [Information Systems](#), [Mechanics](#), [Package Handlers](#), [Sales](#), [Supervisors](#).

**Military.com Jobs in Massachusetts** [Here](#)

### SCILS - Jump Start Your Career in Life Sciences!

Academic Training, on-the-job training and career placement services are available at little to no cost for eligible individuals through Skilled Careers in Life Sciences (SCILS) Initiative.

Register for a session near you:

May 3, 10am-12. **CAMBRIDGE** Call 617-661-7867 to register.

May 9, 10am-noon. **QUINCY**, Quincy Career Center. Call 617-745-4000 to register.

For more information contact [Susan Buckey](#), Project Manager

### Veterans & General Public Career Fair

**WED 22 MAY from 10A–2P**

Sponsored by and being held at The Elks Lodge #1274  
24 High Street, Middleboro, MA 02346

To register call 508-732-5300 or register at the front desk. Be sure to dress for an interview. Bring plenty of resumes. If you are a member of any MA Career Center, bring your ID card with you to all career center events. If you are not a member [register](#) and bring your account # with you. If you are collecting unemployment, this counts toward your work search.

Many of these opportunities have been announced by Mike Kelley, Plymouth Career Center's Local Veterans Employment Representative (LVER) - Job Search Specialist.

As with all offered job opportunities if you score with any of these positions, please contact Mike at [mkelley@detma.org](mailto:mkelley@detma.org) or 508-732-5309. Provide the name of the entity, your job title, your start date, your rate of pay per hour or year, hours per week, if you are receiving medical benefits and how you found the job. Thanking you in advance for your time and consideration.



### Greater Boston Veterans Job Fair

**WED 15 MAY from 11 a.m.—2 p.m.**

@ Suffolk University Law School

Open to all veterans, families & friends!

Visit [www.jobnetboston.org](http://www.jobnetboston.org) or call

617-338-0809 for the latest up-to-date employer information. Space is limited.

### Networking Group Workshops

**@ Plymouth Career Center**

Workshops run TUEs in MAY 1–2:30p.m.

Ron Loto, “The Super Saleman” provides a methodical approach to ‘selling yourself’ in all phases of the job search process.

Four week of tips and techniques, for networking, portfolio building, getting an interview, aing an interview and post interview dos & don'ts.

Seats will be go fast! Please register to attend these workshops by calling 508-732-5300 or with your Career Center Job Specialist.

### [TAOnline.com](#) in MA

Careers for the Transitioning Military

### Healthcare Source Jobs

There are currently 32,026 real jobs from 2,467 different healthcare facilities!

[Look Here!](#)

### Internal Security Associates Hiring

Full time & Part Time Security positions. You must have a current Unrestricted Mass. Class A License to Carry Firearms!

[Full Time—Bourne location](#)

[Part Time—Bourne Location](#)

## Military Family Research Institute— “How to Help” Series

*How to Help Military and Veteran Families* is a series of publications that offer valuable information to various audiences to help them assist and support members of the military, veterans and their families. Each issue provides evidence-based guidance on how a particular group can help, with short, practical suggestions and links that point to additional resources. Each issue has been carefully reviewed both by subject matter experts and military family support organizations.

Available issues are posted below in "web-friendly" and "printer-friendly" formats. Current audiences are for: Early Childhood Educators, Family, Friends & Neighbors, Financial Professionals and Higher Education. Learn more at [online today!](#)



## MA Student Veterans Appreciation Day

**SAT 11 MAY @ Northeastern University**

Everything you need for success in college all under one roof, one day!

Registration and more information [HERE](#)

## Servicemembers' Group Life Insurance Change for Dual Military Couples

The Defense Department said that service members married to other service members no longer are enrolled automatically in the Family Servicemembers' Group Life Insurance program.

According to a [report](#) from the American Forces Press Service, the head of DOD's SGLI policy office said that the change, which kicked in Jan. 2, affects about 4,500 service members so far.

Coverage under the regular Servicemembers' Group Life Insurance program, in which all service members are enrolled, remains unchanged and continues to provide up to a \$400,000 payment to a deceased service member's beneficiary.

After Jan. 2, 2013, two-service-member couples must submit a separate application to opt into the Family SGLI term insurance benefit, which provides a payment to a service member of up to \$100,000 upon the death of a spouse or \$10,000 for dependent children. The official noted that the Family SGLI program is not open to same-sex partners because federal law does not recognize them as spouses; however, a service member may designate a same-sex partner as a beneficiary of a regular SGLI policy.

There are no changes for those enrolled automatically in Family SGLI before Jan. 2, or for service members married to civilian spouses, according to the report. The Department of Veterans Affairs administers both programs.

## Big Apple Circus Comes to Town! (Special Military Discount)

**26 MAR—12 MAY @ City Hall Plaza, Boston, MA**

Tickets for LEGENDARIUM start at \$20 and are available at [online](#) or by calling (888) 541-3750. For military personnel and veterans, use promo code MILITARY for 50% off select seats for weekday performances.\* Must present military or veteran ID. Limit to 4 tickets per purchase. Limited availability. Offer good on select seats and shows. Excludes performances between 15–19 APR. Other conditions apply. Children under 3 are free on the lap of a paid adult; one child per lap.





Massachusetts National Guard  
Airman & Family Readiness Program  
Cape Cod, MA



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Requests to be added or removed from this distribution list may be sent directly to [Erin](mailto:Erin).

## Learn the Secrets of Successful Parents

WED 08 MAY from 1:30—3:00 pm

@ Hanscom Airman & Family Readiness Center

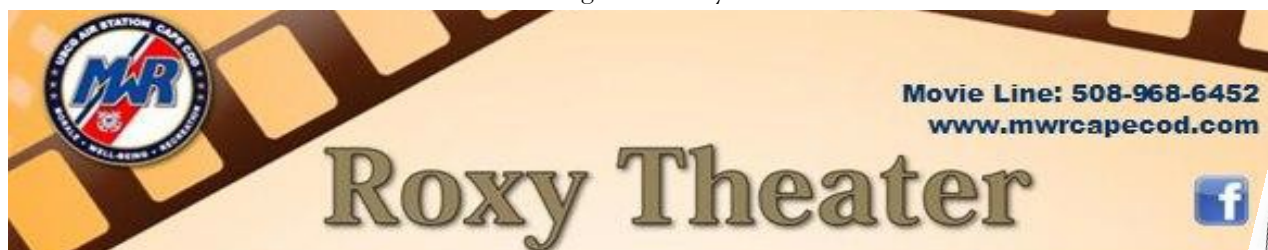
For Parents/Caregivers of  
Pre-School to Elementary  
School Children.



What makes a parent "successful?" Join Patricia Marquis, Licensed Independent Clinical Social Worker with over 30 years of experience counseling parents, leading workshops, (and parenting), as she shares her secrets. She'll discuss major principles and strategies related to discipline, anger, transitions and self esteem. Parents will leave this workshop ready to apply their parenting skills at home with renewed vision and more confidence.

Pre-registration is required. Please call the A&FRC at 781-225-2765, or [66.fss.fsfr.cmb@hanscom.af.mil](mailto:66.fss.fsfr.cmb@hanscom.af.mil).

Serving the Total Force... Programs are free to all single and married military personnel, DoD civilians, retired military personnel and eligible family members.



## FREE Movies - Forever!!!!!!!!!!!!

To find out what's playing [http://www.mwrcapecod.com/forms/roxy\\_theater\\_schedule1.pdf](http://www.mwrcapecod.com/forms/roxy_theater_schedule1.pdf)



FRI 03 MAY @ 7:30



SAT 04 MAY @ 4:30



SAT 04 MAY @ 7:30



SUN 04 MAY @ 2:00



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